# GRAPEVINE

VI·SITACION·VALLEY

ISSUE # 85 SERVING OUR COMMUNITY AUGUST 1993


## Determined Tenant Vigil Continues at Geneva Towers

*Geneva Towers' residents feel restricted by the new steel fencing surrounding the complex recently installed by management.*

In light of the recent tenant evictions and structural renovations taking place at Geneva Towers, Homes Not Jails First Nation and the Geneva Towers Tenants Association began a vigil at the site July 21 to protest what they claim are unreasonable living conditions.

Protesting coalition members claim a former management company misused a large amount of Housing and Urban Development funding slated for building improvements.

Further angered by tall steel fences recently erected around the towers' grounds and what they allege is unfair treatment by security guards patrolling the premises, tenants have demanded ownership of the two highrise towers be assumed by the remaining residents for one dollar. Future events centered around this controversy are currently being planned.

## Valley Residents are Concerned with the Hazardous Waste Expansion Proposal

Preliminary plans to expand the Southeast Community Hazardous Waste Collection Facility has some valley residents concerned over site improvements presented by the Planning Commission's advisory panel at a July 6 meeting.

Neighboring residents met with the seven-member panel and East Bay residents affected by similar waste facility expansions who related their experiences of concerns in surrounding neighborhoods.

Currently available only to local households, the proposed facility expansion would provide hazardous waste disposal for certain small businesses in limited quantity. Its location adjacent to the residents of Visitacion Valley, and especially those of Little Hollywood raised serious questions about the effect additional waste would have upon the neighboring environemnt with air pollution and an increase of vehicular traffic carrying dangerous materials on local streets.

Both the panel and residents will resume their discussion of the facility's proposed expansion when they next meet on Tueday, August 3 at 120 Lathrop Ave. Call 558-6319.

## Code Enforcement Program Gets $20,000

City Attorney Louise Renne's program to combat drug trafficking through aggressive enforcement of City building codes was awarded a $20,000 Ford Foundation Grant issued in connection with the Innovations in State and Local Government Awards Program, administered by the John F. Kennedy School of Government at Harvard University.

Innovations National Advisory Committee awarded the grant to the San Francisco City Attorney's Code Enforcement Task Force "to recognize and honor the program's creative approach to public work."

"It is a tremendous honor to be chosen from such an impressive group of applicants from all over the country," said Renne. "It proves that government can work when public officials and citizens join together to make it work."

Renne's task force is designed to help maintain residential property in neighborhoods hard-hit by crack houses, drug activity and life-threatening hazards resulting from deteriorated properties and blight. Using an innovative mutli-agency approach, it has streamlimed the City's previously fragmented system of enforcing building, health and safety codes.

To date the task force has conducted 110 group inspections of properties, abated 90 code violations, issued 100 notices of code violations and closed 35 crack houses. Its current case load consists of another 140 buildings involving 2,000 housing units.

In addition to its drug program, the task force has also started programs to target special problems and to provide community outreach and education. Its Receivership Program, the first of its kind in California, was initiated in 1989 to deal with owners who fail to correct hazardous building conditions despite repeated court and administrative orders.

A neighborhood outreach and education program features "code enforcement walks" intended to instruct neighborhood residents in identifying code violations and the information they must gather to initiate City action.

Also commenced is a program dealing with problems of owners who are elderly shut-ins, where residents will be encouraged to ensure elderly neighbors have access to social services and assistance needed to care for themselves and their homes.

## SF Libraries Spared

After months of anticipating closed or further hour-reduced branch libraries, San Franciscans received good news July 19 when $4 million originally figured lost to the State's drastic seizure of municipal property taxes was allocated by the Board of Supervisors to keep the institutions operating at the present level.

Visitacion Valley's branch library, located at 45 Leland Ave., will remain open Mondays, Tuesdays and Fridays from 1 to 6 p.m., and Wednesdays from 2 to 7 p.m.

With the infusion of these additional funds, Mayor Jordan has postponed his plan to put a library parcel tax on the November 1993 ballot.

## New Muni Fare Plan Eliminates Transfers, Creates New Passes

Settling a controversy drawing much public criticism at the mayor's citizen budget meetings in various City neighborhoods last spring, the San Francisco Board of Supervisors approved a Public Utility Commission plan that will keep the basic Muni fare at $1 while eliminating transfers.

Monthly Fast Passes will increase from $32 to $35, with Fast Passes for seniors, disabled persons and youths increased to $8.

Muni will also introduce two new passes: a daily pass for $2.25 and a weekly pass for $9 to accomodate sporadic riders. Tokens good for one ride will also be available for 80 cents each when purchased in bulk.

Although residents in San Francisco's outlying areas such as Visitacion Valley will be paying a bit more to ride their busses, trolleys and metro, the overall cost will be considerably less than the proposed $1.25 fare officials were tinkering with when budget balancing questions arose last spring. Under the new fare structure, occasional valley riders needing to ride more than one line would realize their best value purchasing the daily passes, with tokens the choice for one-line riders. Full-month Fast Passes, even with the $3 hike, will still be most economical for daily riders.

Muni has long sustained heavy losses in revenue from the illegal sale of stolen transfers, one major reason for numerous unoperative vehicles and missed runs on various lines this year.

## Home on the Range:
## A Look Inside American Egg Companies

*By Betsy Swart*

We've all heard stories about the hideous conditions of hens raised in tiny "battery" cage operations. As many as seven hens are stuffed into a single cage the size of a folded newspaper where they are unable to spread their wings, turn around, or even sit while laying eggs. Cage floors are made of wire mesh that cut's into the hen's feet, while the walls blister their skin and tear out their feathers.

For these hens, there's no night and no day, since to force greater productivity, lights are continually on and the temperature is always the same. Drugs are routinely administered to counter the diseases that arise from such unnatural conditions.

For years, the animal protection movement has fought to end this cruelty by encouraging consumers to purchase only eggs from "free-range hens, which are allowed to roam about in a larger area. But the time has come to look behind the doors of these free-range floor operations to find out what kind of lives the hens inside really lead.

Are these operations really cruelty free?

Unfortunately, many people have taken the free-range industry's propoganda at face value. We haven't looked behind the scenes. So when that a hen is "free-ranging" or "free-walking," they naturally picture a kids-book barnyard scene where the hens walk around outdoors, scratching and perching and enjoying the sun. They also assume the birds are allowed to live normal social lives and live out their life spans. But none of these assumptions is true.

Investigated cruelty-free egg operations have without exception been centered around crowded floor operations in which hens never experience the out-of-doors.

And although the free-range hens may eat better - most operations boast of organic feed and freedom from insecticides and pesticides - their lives are otherwise quite similar to battery hens. They are debeaked; they are forced to produce more eggs in a shorter time than is natural to them; and when their production slackens, they are shipped off to the same slaughterhouses as the less fortunate battery hens.

Investigators visited The Country Hen, a five-year-old operation in Hubbardston, Massachusetts whose eggs sold in 400 outlets in New York and New England with prices ranging from $1.59 to $1.99 for six eggs, depending on the size. The company is made up of

SEE PAGE THREE

## We See the Writings on the Wall

*Dictionaries describe graffiti as: "rude inscriptions or drawings found on rocks or walls." One good scribble, no matter where it is, always seems to another, as is so prominently displayed on this valley wall.*

## Grapevine Celebrates Seventh Anniversary

With this issue, the Visitacion Valley Grapevine celebrates its seventh birthday, having commenced July 28, 1986 with its August, 1986 edition of four typewritten pages. Then Mayor Dianne Feinstein, now a U.S. Senator, was featured on the front page whitewashing a graffiti-covered wall, an epidemic still quite prevailant in the valley and many parts of San Francisco, as well as many urban areas nationwide.

In embarking on our eighth year, we'd like to remind our neigbbors that community journalism is the lifeline of neighborhood opinion. More than a dozen of these little newspapers of varying circulations serve the residents of the City's many districts from the Marina to the Mission and the ocean to the Bay. It is in these journals that important news items and events often deemed frivolous by the dailies are published for readers they best serve.

GRAPEVINE
VISITACION·VALLEY
Mayor Feinstein will be here
Merchants Association Revitalized
FROM THE EDITOR
Anti-Graffiti Committee Targets The Valley

**With this fact brought forth, we'd like to remind those who regularly peruse these pages that comments on what you like,don't like or would like to see are welcomed. A worthwhile news tip or story idea is certainly worth a call at 467-6400 !**

## Interesting Films at the Exploratorium

The film program at the Exploratorium is included in the price of admission to the museum. Films and performances are held in the McBean Theater and are made possible by the Louis Goldblatt Film Library Fund and the california Arts Council. Call the Film Program Office at (415) 561-0315 for more information.

In August, the Exploratorium film program presents:

August 8
•Films
•Day After Trinity and Neighbors
•McBean Theater,2pm

Norman McLaren's pixillater *parable Neighbors* (1952,8min.) was made response to the outbreak of the Korean War. The harmony between two neighbors turns discordant when a small flower sprouts up between them. A witty and profound masterpiece! The acclaimed film The Day After Trinity:J. Robert Oppenheimer and the Atomic Bomb (by Jon Else,90min.) focuses on the dramatic events preceding July 16, 1945, the day of humankind's first atomic bomb shattered the desert sky over New Mexico. The film provides a gripping profile of the Complex J. Robert Oppenheimer through the eyes of the distinguished scientist who joined him in the nuclear race. Among these scientist is Robert's brother Frank Oppenhimer, founder of the Exploratorium. The film provides a penetrating commentary on scientific inquiry and the tragedy of continued nuclear proliferation.

August 15
•Films
•The Way Thing Goes
•McBean Theater, 2pm & 3pm

In Der Lauf Der Ding (The Way Things Go) )1986-7, 30min.) Swiss artist Peter Fischili and David Weiss set in motion a series of Rube Goldberge-like chain reactions. Housebold objects such as sugar cubes, styrofoam cups, a tea kettle, and wooden blocks follow a seemingly baphazard path of successive actions and reactions involving rolling, melting, dripping, steaming, and toppling to create a series of dramatic tension-filled, temporary crises and resolutions.

August 22
•Films
•Hand Made/Machine Made
•McBean Theater, 2pm

Two films explore the changes in product and production as machines have replaced humans in the making of everyday items. Nails (by Pbilip Borsos,1979,13min.) visually explores the history of manufacturing nails. Set to a pounding, visceral score, Nails is a "riveting" film that contrasts nail making in a blacksmith's shop, an old forge, and a modern automated factory. Set to a lively jazz score Glass (1952, 11min.) is a lyrical documentary depicting the contrast between the deft craftsmanship and personality expressed in blowing grass by hand, with the systematic, impersonal nature of the process that churns out bottles by the dozen.

August 29
•Behind the Scenes of television
•McBean Theater,2pm

In collaboration with The Northern California Chapter of the National Academy of Television Arts and Sciences a selection of works from the 1993 Emmy Award recipients will be screened. This is the last in a three-part series that examines how a particular television program is created. Learn "behind the scenes" activities through discussion and demonstration. Direction, lighting, lenses, and image selection are a few of the topics that will be examined by the artists and technicians involved in the development of TV programs. Informal discussion follows the presentations. Call (415) 561-0315 for program details.

GRAPEVINE
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## El Dorado School Group Awarded Grant

Jobs are available for weekend projects starting in August for landscaping and tree planting at various locations in the area covered by the El Dorado School Neighborhood Betterment Council (ESNBC).

Funded by City business and payroll taxes, a grant through the San Francisco Neighborhood Beutification and Graffiti Cleanup Fund will provide positions for workers and crew supervisors ranging from $4.25 to $8 an hour. Workers are required to donate 15 percent of their labor on a volunteer basis.

Expected to fill quickly, anyone interested in these positions can contact project directors Kurt Silvershield or Phoebe Adams at 467-8801.

## FAMOUS BIRTHDAYS

### AUGUST

1: Dom Deluise (1933); Jack Haley (1900); Francis Scott Key (1779); Herman Melville (1819)

2: Carroll O'Connor (1924); James Baldwin (1924); Victoria Jackson (1959); Allen Reed (1907); Peter O'Toole (1934)

3: Joan Blondell (1912); Dolores DelRio (1905); John Landis (1950): Raymond Massey (1896); Fred MacMurray (1908); Jay North (1952); Ernie Pyle (1900); Martin Sheen (1940)

4: William Schuman (1910)

5: Loni Anderson (1946); Neil Armstrong (1930); John Huston (1906); John Saxon (1935); Robert Taylor (1911)

6: Lucille Ball (1911); Leo Carrillo (1880); Robert Michum (1917)

7: B.J Thomas (1942)

8: Keith Carradine (1949); Rory Calhoun (1923); Dustin Hoffman (1937); Connie Stevens (1938); Carl "Alfalfa" Switzer (1926); Jerry Tarkanian (1930); Esther Williams (1923)

9: Melanie Griffith (1957); Whitney Houston (1963); Robert Shaw (1927)

10: Herbert Hoover (1874); Jimmy Dean (1928); Rosanna Arquette (1959)

11: Alex Haley (1921); Jerry Falwell (1933); Lloyd Nolan (1902)

12: Cecil B. DeMille (1881); George Hamilton (1939); Buck Owens (1929), Barry Sullivan (1912)

13: Fidel Castro (1926); Dan Fogelberg (1951); Alfred Hitchcock (1899); Don Ho (1930); Bert Lahr (1895)

14: Julia Child (1912); David Crosby (1941); Steve Martin (1945); Nehemiah Persoff (1920); Susan St. James (1946)

15: Mike Connors (1925); Huntz Hall (1919); Vernon Jordan (1935); Rose-Marie (1925)

16: Robert Culp (1930); Frank Gifford (1930); Anita Gillette (1938); Eydie Gourme (1932); Timothy Hutton (1960); Madonna (1958); Julie Newmar (1935); Fess Parker (1925)

17: Davey Crockett (1786; Robert DeNiro (1943); Maureen O'Hara (1920); Sean Penn (1960); Mae West (1892)

18: Martin Mull (1943); Roman Polanski (1933); Robert Redford (1937); Patrick Swayze (1954); Shelley Winters (1922)

19: Bill Clinton (1946); Jill St. John (1940)

20: Connie Chung (1946); Benjamin Harrison (1883); Van Johnson (1916); Issac Hayes (1942)

21: Count Bassie (1904); Wilt Chamberlain (1936); Kenny Rogers (1936)

22: Valerie Harper (1940); Norman Schwarzkopf (1934); Cindy Williams (1948); Carl Yastremski (1939)

23: Gene Kelly (1912); Barbara Eden (1934); Shelley Long (1949); Pete Wilson (1933)

24: Gerry Cooney (1956); Steve Guttenberg (1958); Durward Kirby (1912); Al Molinaro (1919)

25: Leonard Bernstein (1918); Clara Bow (1905); Sean Connery (1930); Elvis Costello (1954); Monty Hall (1925); Van Johnson (1916); George Wallace (1919)

26: Geraldine Ferraro (1935); Alice Ghostley (1926)

27: Confucius (551 B.C.); Pee Wee Herman (1952); Lyndon Johnson (1908); Mother Teresa (1910); Martha Raye (1916)

28: Charles Boyer (1899); Ben Gazzara (1930); Nancy Kulp (1921); Donald O'Connor (1925)

29: Ingrid Bergman (1917); Elliott Gould (1938); Michael Jackson (1958); Peter Jennings (1938); Robin Leach (1941); Preston Sturges (1898)

30: Shirley Booth (1907); Ted Williams (1918)

31: Richard Basehart (1914); Richard Gere (1949); Arthur Godfrey (1903); Buddy Hackett (1924); Fredric March (1897); Daniel Schorr (1916);

## FIVE YEARS AGO IN THE GRAPEVINE

### AUGUST 1988

•Enthusiasm and excitement for the San Francisco Recreation and Park's 1988 spring program was so great that General Manager Mary Burns gladly extended activities to last throughout the summer. Three Visitacion Valley playgrounds in the program include: Hertz and Visitacion Valley playgrounds, and the elementary school yard.

•Helen Macon, president of the Sunnydale Housing Project, was appointed to the San Francisco Housing Authority Commission.

•Fannie Jo Peagler is the new principal of Visitacion Valley Middle School.

•Two resolutions emerged from a Community Boards hearing between concerned neighbors, business owners and local graffiti writing youngsters known as "taggers." Those accused agreed to stop their illicit art while encouraging friends to do the same, while a wall for a graffiti-like mural would soon be made available through a teen mural club under adult supervision.

LA PAZ COMIENZA CON USTED

¡Vuélvase un Conciliador de Community Boards!
Ayude a Resolver Conflictos en su vecindario

Nuestro proceso de Conciliación es
Gratuito - Imparcial - Efectivo

Para Ayuda o Para Informarse acerca de Entrenamiento Bilingüe Gratuito (Dolores St. Community Center. Dos sábados en Octobre -- el 16 y el 23 - y un miércoles -- el 20 - por la tarde.)

✳ Llame a 863-6100

COMMUNITY BOARDS

## A Look Inside American Egg Companies

FROM PAGE ONE

four huge buildings, each holding about 7,500 hens.

The Country Hen markets its eggs by claiming that the hens are "free-walking" and that they enjoy "natural lighting." In fact, the hens seem to have only about two square feet of floor space, although the company's manager claims they have up to four square feet.

Regardless, the floors of the buildings look frighteningly like the floor of the New York Stock Exchange. Birds are crowded so closely together that from a distance the floor looks like a solid teeming mass of birds.

Such overcrowding is extremely unnatural, leading to abnormal behaviors which cause the hens to be debeaked.

The claim of natural lighting is misleading as well. High on the walls, each building provides ventilation for light and air. But the hens see nothing. Far from ranging free in natural sunlight, these hens see little but four walls - and each other - for all of their short lives.

Country Hen birds die at 14 months of age. When their production lessens and the shells of their eggs become thinner, they are slaughtered for chicken pot pies. Then a new shipment of four-month-old hens arrives for their ten months of high-yield production.

Just like battery hens, these birds are little "egg machines." Their sole purpose in life is to maximize production. The Country hen produces and sells approximately 200,000 eggs each year.

Nest Eggs company, which operates from Amish farms in Lancaster, Pennsylvania has crowded buildings each holding 2,400 hens, but the sides of the buildings are screened so the birds have a view of the outdoors. The hens also have a few bales of hay to pull apart, and in this context appear to have retained more of their normal social behaviors.

As with other operations, Nest Eggs boasts that its hens eat nutritious food, free of chemicals and drugs, and including roasted whole soybeans. Nevertheless, the regimen that the hens are required to live up to is extreme: Nest Eggs expects 240 eggs from each hen in less than 12 months. At the end of the ordeal, the birds are slaughtered for soup.

Consumers do not expect that free-range hens are crowded onto floors of huge buildings, nor do most expect that they are hideously slaughtered at the end of 14 months. Another well-kept secret about free-range operations is that most hens are debeaked, a painful process during which one-half to two-thirds of a hen's beak is seared off soon after birth.

Companies clain the debeaking is one to reduce "canabalistic" tendecies. What they don't tell shoppers is that this behavior is only brought on by the fact that the birds are over-crowded and cannot establish a stable pecking order in a flock of more than 90 birds.

Another gruesome practice companies don't want consumers to know about is forced-moulting. Although neither Country Hen nor Nest Eggs uses forced-moulting, many other free-range producers do. They used to keep hens producing beyond the 14 months of normal egg production. When hens moult naturally, they stop producing, but forced-moulting keep egg production up.

And it's a cruel process. Farmers may deny the birds water for one to three days, and deny food for up to seven days until hens have lost 25 percent of their body weight. This cruelty shocks hens into another laying cycle.

One free-range egg operation that is the "real McCoy" is run by Ann Wokanovcz in Westport, Connecticut who has a flock of 30 happy hens whose days are spent in a chicken yard that is about 1,200 square feet. A large laying house has eight nests and rooms for all the hens to roost at night. And they have access to the yard at all times.

Ann uses no artificial lighting or antibiotics, and she dosen't debeak the birds or force-moult them. When the hens are about 16 to 20 weeks old, they lay little pullet eggs. When they are more mature, Ann gets about one egg a day. On the average, she gets about one to two dozen eggs per week from the entire flock.

Her hens live out their natural lives and Ann respects their life cycles - the slow times and the nesting times, youth and age. Ann knows their personalities, too, and their names. And when a hen dies, Ann quietly places her in the woods.

Clearly, Ann's operation is humane. Her purpose is not profit, for she cares about the welfare of the birds and enjoys their company.

Virtually any commercial, for-profit egg operation is painful and exploitative to the hens upon which it depends. The birds live short, anxious lives in overcrowded buildings and are deprived of most of their normal social and sexual behaviors. In some operations, they are also mutilated and starved.

When it's all over, they end up on the metal conveyor belt that delivers them up to the slaughterhouse knife. And it's all in the name of money - so that the company can maximize production, forcing an unnatural number of eggs from each hen in a few short months.

Many people who consider themselves otherwise humane consumers have for years purchased eggs from so-called free-range companies. But they did so without knowing what went on behind the scenes.

### EGG SUBSTITUTES

**Corn Starch:** 2 Tbs. for 1 egg

**Arrowroot flour:** 2 Tbs. for 1 egg

**Potato Starch:** 2 Tbs. for 1 egg

**Soy Powder** 1 heaping Tbs. + 2 Tbs. water for 1 egg

**Flax Seed & water puree:** 1 Tbs. flax seeds + 1 Cup water for 1 egg. Blend flax seeds & water in blender for 1 to 2 minutes till mixture is thick and has the consistency of a beaten egg white.

**Banana.** 1 banana for 1 egg in cakes

**ENER-G Egg Replacer:** 1½ tsp + 2 Tbs. water for 1 egg. Comes in powder form in an easily stored box. 10 calories per serving. No animal ingredients. Check natural food stores & special sections in your local supermarkets. Ask them to carry it if they don't already.

*Courtesy of United Poultry Concerns, Inc.*

## Steel Pans Will Continue At the Exploratorium

In August, the Exploratorium and Mills College continue The Steel Pan Project, a series of free interactive public workshops, demonstrations, and classes exploring the history, development, and music of steel pan of Trinidad, W.I. Please call (415) 561-0361 to pre-register for Exploratorium workshops and (510) 834-1324 for Mills' programs. All classes are first come, first served. The program continues through September.

The Steel Pan Project In August is as follows:

August 7

*Crafts and demonstrations

*Pan making demonstrations

*Museum floor, 1-5 ongoing

Witness the process of pan building, a hammering and forging technique that is the ultimate in recycling of oil and CocaCola drums.

August 7

*Performances--The Physics of the Steel Pan

*Exploratorium McBean Theater, 1pm, 2pm, 3pm, 4pm

Limited to 10 per session. Pre-registration suggested. You don't need an instrument or musical background. Come learn the physics of sound, using the steel pan. Instruments provided.

## Composting: Turning Garbage into Gold

Home composting in San Francisco is easy, fun, and has far reaching benefits. Composting is the recycling of organic materials to make a great soil amendment for your garden. Yard and food waste make up almost twenty-five percent of San Francisco's waste stream. Most of this can be recycled through the simple art of making compost.

### Composting

- **Saves residents money** by lowering garbage bills and replaces the need to buy commercial soil amendments.
- **Conserves water** by helping the soil retain moisture and by reducing water runoff.
- **Helps Your Garden** and Container Plants by improving the fertility and health of soil.
- **Benefits the environment** by recycling valuable organic resources and extending the lives of our landfills.

## Composting Neighborhood Workshop at VVCC

Even if you have a small City backyard or live in apartment you can still compost. San Francisco League of Urban Gardeners (SLUG) will conduct a free Home Composting Neighborhood Workshop for Visitacion Valley residents at the Visitacion Valley Community Center on Saturday, August 14 at 2 p.m.

Neighbors will learn how to recycle their yard and food waste and make a great soil amendment for healthy plants. For more information, call the SLUG "Rotline" at 285-7585.

## New Brochures Advise Fathers-to-Be

If a husband smokes, can an unborn baby be harmed if his wife inhales the second-hand smoke? Can alcohol damage a man's reproductive system? Can a baby get fetal alcohol syndrome from its father? Can a baby be born addicted to drugs if its father had used illicit drugs? These and other questions are addressed in two new brochures produced by the March of Dimes Birth Defects Foundation in response to evidence suggesting fathers have a larger impact on the health of their unborn babies than is generally recognized.

Answering science and culturally related questions for fathers-to-be, the brochures identify habits and substances that expectant fathers should avoid in helping their partners have healthy babies.

In "Men Have Babies Too," the role of the partner is explored by examining industrial and environmental substances in relation to the male reproductive system. "Dad, It's Your Baby Too" provides helpful hints for expectant dads, answering questions a father-to-be may have about his partner's pregnancy.

Both brochures suggest steps a father-to-be can take in helping his partner have a healthy pregnancy and baby:

*Choose a healthy lifestyle by avoiding tobacco, alcohol and other drugs that can be dangerous to the health of the baby while encouraging a partner to quit smoking, drinking and using drugs not prescribed by a physician.

*Exercise together. It can be fun as long as it's not too strenuous and a partner's doctor approves it.

*Keep stress at a minimum. Interpersonal conflict with the male partner is reported to be a key source of stress during pregnancy, which most likely will cause a baby to be born with health problems.

*Urge a pregnant partner to go to prenatal care checkups, becoming involved in the pregnancy and childbirth. Read about the subject, accompanying a partner to childbirth preparation classes and meeting a health care provider while feeling free to ask questions about pregnancy and the birthing process. Hearing the baby's heatbeat or seeing the baby in a sonogram is exciting and can help a person feel more connected to the pregnancy.

Both brochures are available are available from the Greater Bay Area Chapter of the March of Dimes by calling 468-7400.

"Even before conception and all throughout pregnancy, an expectant father can take positive steps to help his partner have a healthy baby," said Tracy Trotter, MD, a Danville pediatrician and Chairmanof the March of Dimes Health Professionals Advisory Committee.


# VISITACION VALLEY COMMUNITY CENTER SENIOR PROGRAM

**Funded by S.F. Commission on the Aging**

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| Senior Bingo | Reno | Ceramics |
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| Meetings | Photography | Potlucks |
| Day outings | Gardening | Video Day |
| Trips | Oil Painting | Cooking Class |
| Walking Club | Chubby Class | Spanish Class |
| etc...etc... | etc...etc... | etc...etc |

**66 Raymond Ave....467-4499...Pat Crocker, Director**

*by Gingham Red*

## FLYING SAUCER

A large round clock on a side wall showed the time at a few minutes past ten on a warm summer evening at the Springtown Police Station where Officer O'Brien had just reclined in the creaking wooden chair at his battered old desk to review the day's paperwork when the outside sound of screeching tires interupted his train of thought.

Within seconds, the glass doors of the front entrance flew open to reveal an obviously upset Phil.

"What's the matter, Phil?" asked O'Brien as he placed his paperwork on the desk and directed his attention towards the visitor. "You look like you've seen a ghost."

"I've seen a flying saucer!" exclaimed Phil as he moved his hands in a wide, elliptical motion in describing his observation.

Staring momentarily at the older man while waiting for a punchline, O'Brien removed a handkerchief from his shirt pocket and motioned the wiping of non-existent sweat from his forehead before answering, "Was it flying too low over the buildings? You know, I can't cite the martians if they were'nt violating any ordinances."

"Oh, funny! Very funny!" remarked Phil as O'Brien chuckled and pointed at the door.

"Okay, you've had your little joke. Now get out of here," he commanded while again turning his attention to the paperwork as

Phil quickly turned and quickly stomped out of the office, mummbling incoherent comments about ineffective public servants as he climbed into his *truck and drove away.*

Two nights later, O'Brien's phone rang again.

"This is Phil," wavered the nervous voice on the other end."

"Oh, the martian man!" commented O'Brien in jest of their previous meeting.

"Well, they're outside my window, if you wanna do something about it!" cautioned Phil.

"I most certainly do!" answered O'Brien as he hung up the phone and resumed his work.

Another two days passed, and yet another phone call came from Phil reporting a flying saucer sighting that evening.

"Enough is enough, Phil!" grumbled O'Brien into the phone's receiver. "What do I have to do to make you stop this nonsense? Lock you in the cooler?""

"Come over here and do something about this!" said the paranoid man, now extremely edgy from several sleepless nights. "I'm a taxpayer, and you should have come the first night I told you about this thing!"

"Okay, I'm coming over there, taxpayer! And I better see something alien!" replied a sarcastic O'Brien, as he slammed down the receiver and sprinted to his squad car, driving quickly to Phil's hilltop home.

Uoon ringing the doorbell, O'Brien was greeted with slightly parted drapes in the adjacent front window from which the nervous owner directed the lawman towards an empty field behind a tall back concrete fence. Walking to the rear of the property, the O'Brien shone his high-powered flashlight at what first appeared to be a large moving bush, only to be greeted by a giggling Gene motioning with a finger to his lips for the officer not to say anything loudly.

Cracking a half smile, O'Brien walked up to the short, thin man who was crouching down and holding a large cut-out drawing of a flying saucer affixed to fishing line and a long dark colored stick.

"Explain," whispered O'Brien in a barely audible voice.

"Well, that ol' coot in there's been tellin' us all how brave he was in this an' that war, an' how he ain't afraid of anything," drawled Gene in a low voice. "Heh heh! He's been a-readin' them flyin' saucer books he buys at the drugstore. Look at him in there. Scared as an' ol' alleycat."

"Hmmm! Nice spaceship, Gene," commented O'Brien of the picture's intricate design.

"Yeah, I know," replied the smaller man as he glanced at his invention with a wide grin. "You know my brotha-in-law runs one of them picture shows in the city. This is from one of them there sci-fi flicks."

"Well you sure got the old man scified!" chuckled O'Brien as he turned to leave the field.

"Ol' Phil is so scared, he ain't a-been out of his house in days," added Gene as the officer stopped briefly in his tracks.

"For days," repeated O'Brien as he clicked off his flashlight and walked around the fence to the building's front door to loudy announce "Everything is okay now, Phil. I haven't found anything." Not waiting for a response, O'Brien walked quickly to his squad car, got in and drove back to the police station where he once again sat at his desk to resume his work.

Five minutes later the phone rang. "Alo!" said the voice on the other end. "Thees ees Domingo an' der ees a flying saucer in my junkyard!"

# 1993 ACC Craft Fair Held August 13-15 At San Francisco's Fort Mason Center

San Francisco, Ca... Reflecting the current popularity of the American craft movement, 1993 has been designated by the U.S. Congress as "The Year of American Craft." Responding to this accolade, the 18th Annual ACC Craft Fair San Francisco (locally known as the Pacific States Craft Fair) occurring August 13, 14, and 15 at Fort Mason Center, Herbst & Festival Pavilions, Buchanan Street and Marina Boulevard in San Francisco, promises to be its best fair yet.

This year's event will showcase the broad range of work that distinguishes this growing American movement. Bright metal and batik jewelry, elaborate clay vessels, sculptured designs in hand-blown glass, spun-aluminum pitchers, guitars and dulcimers, whimsical puppets, custom furniture, handwoven clothing, cast paper address books and cards, and silk scarves with hand-painted designs are featured in this popular Bay Area craft fair.

Each booth exhibits the distinctive, signatory styles from the many talented artists whose work shows in galleries across the country. "These artists are trend setters." says JoAnn Brown, Director of American Craft Enterprises, organizers of the Fair. "They don't hang out in the department store designer sections to see what's going on. They come from a different point of view aesthetically."

From Danish inspired furniture to ceramics incorporating ornate Japanese motifs, this year's Fair offers a broad spectrum of exciting new work influenced by many cultures. "American design and decoration in some ways reflect our country being a melting pot," states noted expert Louis Oliver Gropp, editor in chief of House Beautiful magazine. "Americans have a seemingly insatiable need for things from other countries. We like rooms that are multicultural. After all, we think of ourselves as Americans, but also as German-Americans or Japanese Americans."

Nation in scope, the ACC Craft Fair San Francisco features 325 craftspeople selected from more than 1000 applicants, travelling from 48 states to exhibit. Over half of the artists are from the state of California, bringing with them the innovative and exhibitors adding to the Fair is the opportunity to talk with individual craftspeople about their work, as if you are attending a large museum opening with all of the artists present.

The ever increasing popularity of the ACC Crafts Fair is apparent to those who have seen them blossom throughout the years. The American Craft Council now sponsors five shows annually in Baltimore, Atlanta, West Springfield, Minneapolis, and San Francisco. This is a time of what some believe is a burgeoning public interest in crafts as an alternative to commercial mass produced furniture and decoration. "People want things that are more person, something with a story to it," says Neiman Marcus Vice Present Ann Stordahl. Despite the recession and hard times, there are indications that craft items are more and more prevalent in American homes. "People want something unique and creative," says JoAnn Brown, "they want to decorate their homes with American crafts.

The ACC Crafts Fair San Francisco, at Fort Mason Center's Herbst and Festival Pavilions (Piers 2 and 3), is open to the public Friday, August 13, from 11am to 9pm; Saturday, August 14, from 11am to 6pm; and Sunday, August 15 from 11am to 5pm. Admission is $6; children under 12 are free. The Fair is open for the trade Wednesday, August 11 and Thursday, August 12. Park at Crissy Field and shuttle busses to Fort Mason are booth free of charge. Food and drinks will be on sale at the Fair, which is wheelchair accessible. For more information, please call 415 896-5060.

Celebrating 50 years, the American Craft Council is a national, nonprofit membership organization founded in 1943 by Aileen Osborn Webb to encourage craftspeople and to foster appreciation of their work. Membership in the council is open to all.


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Summer 1993

Sanitary Fill Company, the operator of the City's transfer station and Household Hazardous Waste Collection Facility, is offering an internship for students interested in a career in the environmental field.

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# TOTALLY COOL VINE

Number 11

Grapevine Youth Section

August 1993

## Saturday's Busy TCV Bakers

*Totally Cool Vine staff members were baking cupcakes and brownies in shifts at a torrid pace on a recent Saturday morning hoping to raise enough money at a sale for an outdoor outing. Ming Saelee and sister Lisa are mixing ingredients while (l-r) Eugene Lacey, Kim Woods and Robert Gack take a well deserved breather.*

## Environmental Art at the Exploratorium

An Environmental Artworks exhibition, focusing on the movements of waves, clouds and flowing water and their interplay on and with the Earth's surface, continues at the Exploratorium through September 6, 1993. Four artists, Michael Brown, Al Jarnow, Ned Kahn, and Andrej Zdravic were commissioned by San Francisco's Exploratorium to create artworks that capture cloud formations, the sculpture of landscapes, stream and river meander patterns and wave motion. Admission is included in the price of admission to the museum.

**Meanderings**: Michael Brown

At Meanderings, small streams of water run down a sheet of glass. By the touch of a finger, visitors alter coursing water in its flow, merging, redirecting and changing stream patterns until suddenly, the naturally and gently coursing streams begin to zig-zag, overlap and run like a rushing river, ever more powerful, chaotic and unpredictable. Meanderings is a way to experiment with gravity, cohesion, surface tension and resistance, as well as with the patterns of paths of water across a surface.

**Terra Forms: Duet for Sandbox and Computer**: Al Jarnow

Terra Forms combines the tactile experience of shaping a world and the rare experience of capturing its formation as "filmmaker." It is both a landscape-making machine and a make-your-own-time-lapse-movie machine. Using a sandbox, a squeegee an a crank, visitors build hills, cut ridges and valleys or level plains, sculpting their own terrain. Then, through a specially designed interactive video program, a camera records the dynamic events to the computer's memory, enabling visitors to record, select and manipulate the geologic time lapse record of their terrain-in-the-making through video playback.

**Cloud Rings**: Ned Kahn

Ned Kahn's CLoud Rings, enables visitors to produce 3-foot diameter, swirling rings of fog, similar to large smoke rings, that rise up through the air. Viewers turn a large handle that cause ring-shaped plumes of mist to rise out of the sculpture and ascend up to the ceiling of the Exploratorium. Scientifically referred to as vortex motions as they rise up into the air. Their shape and motions are influenced by the ambient air currents within the building.

**Water Waves: A Multi-monitor Video Installation**: Andrej Zdravic

Filmmaking/electronic media artist Andrej Zdravic's Water Waves is a multi-monitor video horizon, the culmination of two decades of phenomena research. Through a specially devised computer program, multiple laser-disc players have been programmed to deliver images of extraordinary water waves, achieving the illusion of the ocean's flow across the horizon's 21-foot arc. The viewer interacts with and contemplates details of live water, difficult or impossible to see in nature.

## THE CLUB: VVCC Hosts New 11-13 Youth Program

On July 26, 1993, a new Program is beginning at Visitacion Valley Community Center. Called "THE CLUB", this new program is funded in part by the State Department of Education as an Afterschool and summertime daycare program (year-round) for children from 11 to 13 years of age from low income families. Fees are set on a sliding scale for this program, with the lowest incomes being free of charge because of the state subsidy for the program. Those who are interested, should call Brenda Lopez or Cassandra Brown at 467-6400 for complete information on eligibility and registration for THE CLUB.

THE CLUB will be meeting 5 days a week at **50 Raymond Avenue**. Drop by to see what's happening and how **you** can get involved.

## WO HE LO: Koyuse Camp Fire Move to VVCC

As of July 26, 1993, the Koyuse Campfire Club will be located at 50 Raymond Avenue (in the Visitacion Valley Community Center). The cost for Koyuse is $10 per child for the entire 8 weeks of the summer program they are now running. This program is open to all children and features Arts & Crafts from different cultures, exploring the environment by making a rain forest, taking field trips, dance & drama, and many other exciting and fun activities.

The Koyuse Club is open from 12:30 p.m. to 4:30 p.m. daily. Call Sabrina Smith, Program Leader at 337-1375 or Judith Sandoval at the Campfire Office at 1333 Balboa St., at 752-2600.

## Various Trends in Teen Nutrition

Brandy is worried about going to college next year.

"I know I'm going to gain weight," said the 17-year-old high school cheerleader. "College is a very social time in your life, and eating is a social thing. I just know I'm going to come home gaining that freshman 10."

Heather, 17, disagrees. "I think I'll lose weight because I'll be able to monitor what I eat for breatkfast, lunch and dinner. Not my mom."

Katie, also 17, says she'll lose weight too. "I'll be too homesick in college to eat."

Brandy, Heather and Katie may not agree on how their diets will change when they move away from home next year, but there's no doubt they will be affected.

Yet the three high school seniors from Columbia, mMaryland admit their eating hbits have changed significantly during their teenage years. More responsibilities, like part-time jobs, and new freedoms, like dating and getting a driver's license, have affected personal decisions about when, where and what they eat.

"Adolescents have more autonomy than they ever had as children," said Jo Ann Hattner, RD, MPH, a clinical dietician at Packard Children's Hospital at Stanford University. "Jobs and other school activities often run into the dinner hour, so teenagers become more responsible for their daily food intake."

In addition to extracurricular interests, changes in the traditional family also have affected teen nutrition. According to a study published in the Journal of Nutritinal Education, 73 percent of teenagers reported grocery shopping for their families; 83 percent said they shopped for food for themselves.

Single parent households or households where both parents work can result in absences of one or both parents during dinner. Thus food preparaton is often left to teens and is largely determined by their own cooking savvy.

But even if a balanced meal is served, parents know all too well there's no guarantee it will be eaten. Adolescents' food choices are often influenced by social pressures to achieve cultural ideals of thinness, demonstrate athletic prowness, gain peer acceptance, or assert independence from parental authority.

Hattner believes today's young adults are more interested in health and nutrition than ever before. But unlike their parents, teens seldom seek dietary advice to avoid illness.

"Many teens are more concerned about body image and physical performance in sports rather than disease prevention," Hattner said. "They want to know 'What can I do to build muscles?' or 'How can I lose weight?' Regardless of their motivation, the challenge is to teach them to apply sound, nutrition principles so they can safely reach their goal," she said.

Teenagers need extra nutrients to support the adolescent growth spurt, which begins in girls at ages 10 or 11, reaches its peak at age 12 and is completed at about 15. In boys, it begins at 12 or 13 years of age, peaks at 14 and ends at about 19.

The intensive growth period brings dramatic increases in height as well as hormonal changes affecting every body organ, including the brain. Iron is especially important with the onset of menstruation in girls and the increase in lean body mass in boys. The recommended daily allowance for iron is 12 to 15 milligrams (mg) a day.

The increase in skeletal mass also boosts teens' requirements for calcium to about 1,200 mg a day.

Approximately half of adult bone structure is deposited during adolescence. Calcium is important even for young adults who have completed their linear growth spurt, since the mineral continues to be deposited in their bones for another decade.

Teens' caloric needs vary depending on their growth rate, degree of physical

SEE PAGE D

## Modern Witches Brew, Courtesy of the Orient

*By Ze'ev Boded*

When the three witches in Macbeth gathered around a boiling pot and tossed in animal parts, Shakespeare, at his diabolical best. created a horrid pharmacopoeia to set an evil and chilling scene. It is a scene from another age - nearly a thousand years ago - when ignorance and superstition had plunged much of the world into the Dark Ages.

Some cultures have yet to emerge. The cauldrons of quackery still bubble. and an obscene brew of tiger bones, rhinoceros horn, musk deer glands and other anatomical ingredients is still concocted as a cure for the ailments of the gullible.

Snake oil salesmen can be found anywhere, from tenements in Brooklyn to remote villages deep in the African bush. But their modus operandi is usually the same. They exploit ignorance and persuade their clients that consuming certain parts of particular animals will somehow provide mystical remedies or supernatural powers. Often enough, the price of those animal parts is quite high, and the snake oil salesman enjoys a comfortable income.

Today, the most pernicious of these superstition pharmacies is located in the Orient, where "traditional" medicines are responsible for the endangerment and extinction of many wild animals.

China, in particular, is becoming a bottomless cauldron into which is heaped the mortal remains of millions of butchered animals.

The plight of the rhinoceros is well known. Thousands of these unfortunate creatures have been slaughtered merely for their horns to be smuggled off to the "traditional" pharmacies of the Orient. China itself acknowledges a standing stock of 8.5 tons of rhinoceos horn, and these are used to supply ten pharmaceutical factories which churn out little "tea balls" which, when dissolved in a cup of tea, are supposed to reduce fever.

Simple aspirin is proven much more efficacious. But ancient superstitions will not accept remedies as modern as simple aspirin.

It should be no wonder that the rhinoceros is extinct in China. It is also extinct in several countries neighboring China, such as Thailand and Myanmar (Burma). In February, poachers slaughtered another eight rhinoceroses in Nepal's Royal Bardia National Park, and rangers in India's Kaziranga National Park report sharply intensified poaching. Zimbabwe's black rhinoceros population has been shattered from at least 2,000 a year ago to about 400 today.

But if the ingredient is "traditional," suggesting a process which has gone on for centuries, why should their be sharply intensified poachings of rhinoceros and other animals today?

Because China now has money.

China is now pursuing the rather bizarre nd seemingly self-contradictory arrangement of maintaining a communist government with a free-market economy. That free-market economy is growing at an incredible rate, and today is second only to the United States in gross national product.

China is becoming an economic power and is accumulating spare cash. The snake oil salesmen have taken keen interest.

China also has an enormous market - more than a billion people. Many of

these people are undereducated, and virtually all have been brainwashed by decades of communism to mistrust anything "western" (such as aspirin).

But China does not bear the sole responsibility. There are other culprits - particularly Taiwan and South Korea, which also have thriving traditional pharmaceutical industries which consume great amounts of wild animl products. Unfortunately, these products are often derived from endangered species, and continued exploitation in the name of "human health" only accelerates the spiral down into extinction.

Rhinoceroses are not alone in absorbing the onslaught. Asia's tigers are in a more precarious position. Tigers are rarer than rhinoceroses, and those same "traditional" pharmacies which push rhinoceros horn also keep stocks of tiger bones for their "medicinal value."

Internal organs of the musk deer are also prized in the traditional pharmacopoeia, as are scales of pangolins, muscle of pythons and gall bladders of bears. Snake blood is considered a particularly strong medicine - especially if the blood is drawn from a live snake. It is said to cure everything from arthritis to impotence.

Deer antlers are another traditional ingredient for Oriental pharmacies. Deer normally shed their antlers once a year, and it would seem like a painless and acceptable process for people simply to scour deer habitat after antler shedding season and collect these prized ingredients.

But the pharmacists believe "velvet" antlers are far superior, and getting hold of these usually involves the death of the deer.

After a deer has shed its antlers, there is usually a period of dormancy followed by a period of rapid regrowth of new (and usually larger) antlers. It is during this period of regrowth that superstition claims antlers should be used to concoct tonics which delay the aging process, and which may even reverse the process and help the "patient" regain some lost youth.

While the antlers are growing, they are covered with a soft skin - usually called "velvet" - which provides a healthy blood supply to the growing antlers. The blood is necessary to deliver all the nutrients needed for rapid growth.

Deer do not naturally shed antlers which are in "velvet." Thus, to acquire such antlers, the deer are shot. Or snared. Or trapped.

There should be little question why Asian deer species, such as the barasingha, the hangul and the sangui are endangered species today. Or why the shou, a type of red deer which lived in temperate forests of south Chin, southeast Tibet and a few valleys in Bhutan, is now oficially considered "probably extinct."

Carnage in the name of quackery is consuming an increasing number of ever-diminishing wildlife populations. And government agencies in the responsible contries - principally China, Taiwan and South Korea - are doing pitifully little to discourage these abuses.

*Reprinted from Action Line, the Friends of Animals magazine, 30 Haviland St., South Norwalk CT 06854*

TOTALLY LOOKING

Youth Section of Visitacion Valley Grapevine
50 Raymond Ave., San Francisco, CA 94134.
Featuring the talents of: Conchita Beronilla, Jescina Adams, Merina Ngo, Lisa Saelee, Ming Saelee, Eugene Lacy, Monique Sandoval, Tisha Howard, Carrie Howard Chileia Leong, Ashley Martin, Hoi Man Dee, Jasmen and Jessica.
Advised by: Julie, Len, Donald, Victoria, Debie, Kim and Mr. Lacey.

## I AM THE PRINTING PRESS

*By: Robert H. Davis*

I am the printing press, born of the mother earth. My heart is of steel, my limbs are of iron, and my fingers are of brass.

I sing the songs of the world, the oratorios of history, the symphonies of all time.

I am the voice of today, the herald of tomorrow. I weave into the warp of the past the woof of the future. I tell the stories of peace and war alike.

I make the human heart beat with passion or tenderness. I stir the pulse of nations, and make brave men do braver deeds, and soldiers die.

I inspire the midnight toiler, weary at his loom, to lift his head again and gaze, with fearlessness, into the vast beyond, seeking the consolation of a hope eternal.

When I speak, a myriad people listen to my voice. Yhe Saxon, the Latin, the Celt, the Hun, the Slav, the Hindu, all comprehend me

I am the tireless clarion of the news. I cry your joys and sorrows every hour. I fill the dullard's mind with thoughts uplifting. I am light, knowledge, power. I epitomize the conquests of mind over power.

I am the record of all things mankind has achieved. My offspring comes to you in the candle's glow, amid the dim lamps of poverty, the splendor of riches; at sunrise, at noon, and in the waning evening.

I am the laughter and the tears of the world, and I shall never die until all things return to the immutable dust.

I am the printing press.

## Famous in San Francisco : Playland at the Beach

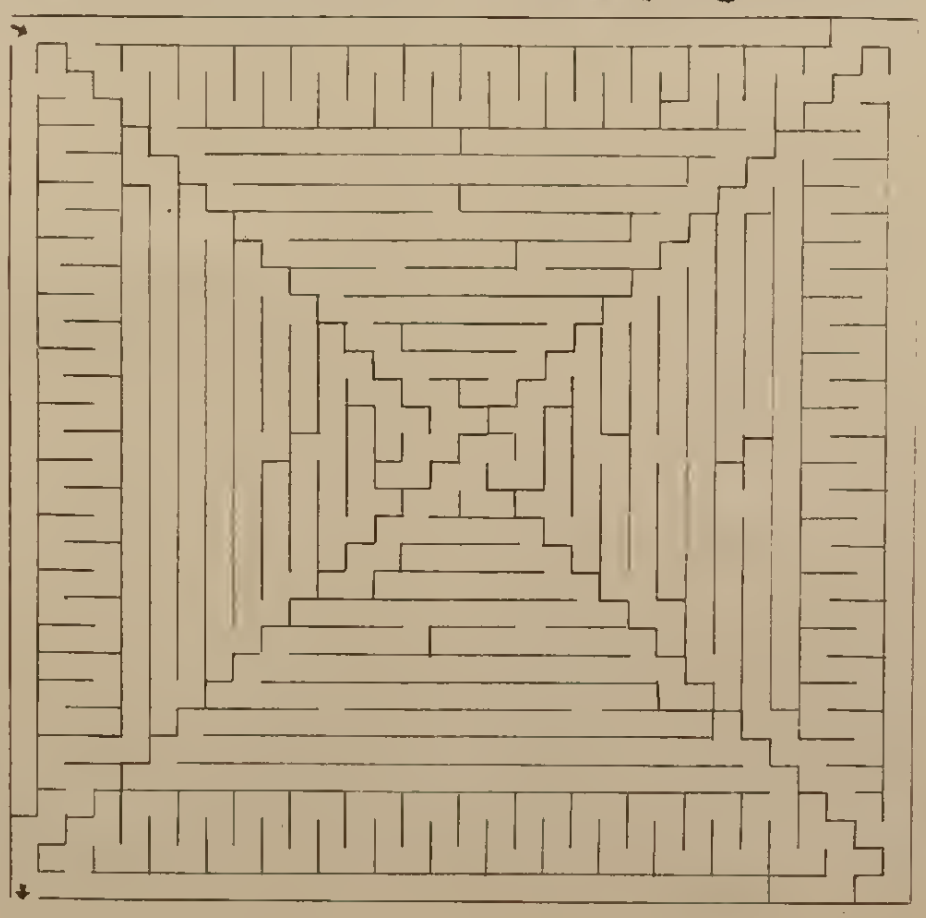
For more than three quarters of a century, San Franciscans flocked to Ocean Beach to partake in the merriment of their very own amusement park, Playland-at-the Beach.

Opened in the mid-1890s on the Great Highway just below the Cliff House and adjacent to Golden Gate Park, many a family spent an action-filled day amidst the park's rides and attractions along with picnics on the beach which invariably took place either in sunshine or fog.

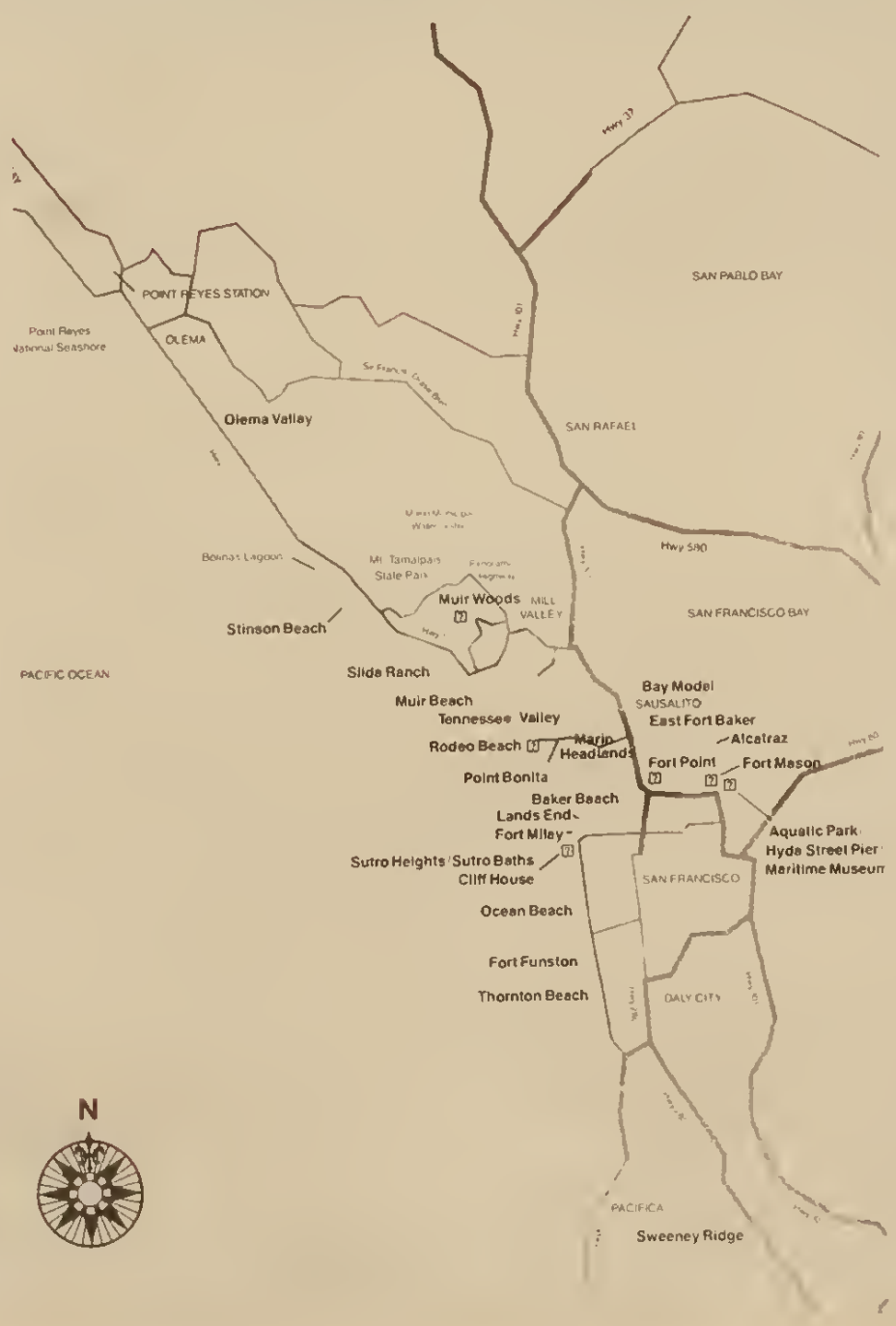
Brothers George and Leo Whitney acquired Playland in the 1920s, operating the park for nearly 40 years with its ferriswheels, merry-go-rounds, concession stands, shooting galleries, and a rather imposing looking roller coaster named the Big Dipper. Entrants to the ever-popular fun house were greeted by the mechanized antics of Laughing Sal, whose loud recorded laughter gave Playland its unique ambience as the smell of popcorn, cotton candy and hot dogs filled the air.

A part of Playland died when the Big Dipper was demolished in 1955, but it continued to be a popular attraction well into the 1960s before gradually decaying into a broken-down eyesore. Not many tears were shed when the park was eventually demolished in the early 1970s to make room for the planned construction of condominiums.

## Len's Somewhat Challenging Maze



## Golden Gate National Recreation Area Events in August




AUGUST 1

Fort Point

*Entering the Tidal Zone: A close-up look at mysterious ecological habitats of Fort Point's shoreline in a special hands-on program from 10 to 11 a.m. Dress warmly and meet the ranger at the fishing pier at Fort Point. Reservations required (556-0865).

Marin Headlands

*Beginning Birding: Which bird book works for you? How do you get the bird in your binoculars before it flies away? Meet birder Bill Cain at the Marin Headlands Visitor Center at 9:30 a.m. Reservations required (331-1540).

*Rockets to Rangers: Imagine serving as a soldier while you explore an anti-aircraft missle site from 12:30 to 3:30 p.m. Meet staff veterans at Nike site 88 on Field Road.

AUGUST 7

Baker Beach

*Seacoast Defense: Explore the military history of Battery Chamberlain and participate in a demonstration of the last six-inch disappearing rifle from 12:30 to 1 p.m. Meet the ranger at the gate to Battery Chamberlain at Baker Beach.

Fort Point

*Pier Crabbing: Learn about equipment, bait regulations and other important aspects of crabbing in the bay from 10 a.m. to noon at the Fort Point Fishing Pier. Please bring 50 cents bait free. Reservations required (556-0865).

Marin Headlands

*Summer Birding Adventures: Explore the lagoon and beach to look for a diverse group of summer birds. Bring bird guides and binoculars from 9 to 11 a.m., meeting at the Marin Headlands Visitor Center. Reservations required (331-1540).

*Guardians of the Gate: Take a peek at the history surrounding the bunkers and gun emplacements of the Marin Headlands from 1 to 3:30 p.m., meeting at the Marin Headlands Visitor Center. Reservations required (331-1540).

*Udderly Butter!: Visit sites of the former dairy ranches in Tennessee Valley on this carpool/walk. Make some butter to take home. Meet Ranger Gail Lester at the Tennessee Valley Trailhead. Reservations required (331-1540).

Presidio

*Presidio Main Post Historical Walk: Join a walking tour of the Presidio covering over 200 years of San Francisco history from 10 a.m. to noon, meeting at the Presidio Main Post flagpole. Reservations required (556-0865).

AUGUST 8

Baker Beach

Nature Art: Discover the beautiful shapes and colors of nature in creating works of art in this parental participation program geared for children ages 4 to 6. Meet the ranger at Battery Chamberlain at the north end of Baker Beach. Reservations required (556-8371).

Marin Headlands

*Guardians of the Gate (See August 7)

*Backpacking 101: Join a ranger and learn how to select and pack backpacking equipment from 1 to 2 p.m., meeting at the Marin Headlands Visitor Center. Reservations required (331-1540).

Presidio

*Presidio Main Post Historical Walk (See August 7)

AUGUST 13

Ocean Beach

*Beach Party Campfire: Join a ranger to enjoy the beach, waves and the night. Bring warm sweaters and marshmallows, meeting at 7 p.m. at Lincoln Way and the Great Highway.

AUGUST 14

Presidio

*Presidio Main Post Historical Walk (See August 7)

*Mountain Lake to Fort Point Hike: A three mile hike retracing the steps of the Spanish explorers who established the Presidio. Meet Presidio docent Bob Halsey weather permitting at Mountain Lake Park. Return by Muni 28 bus. Reservations required (556-0865).

*Costal Defense Hike: A scenic three mile hike from the Golden Gate Bridge to Baker Beach. Explore remnants of historical coastal defense batteries from the 1870s through World War II from 1:30 to 3:30 p.m. Dress warmly and meet the park ranger at the Battery East parking lot above Fort Point along Lincoln Blvd.

AUGUST 15

Fort Funston

*Fog, Wind and Storms: Learn about the strange but fascinating nature of summertime weather along the San Francisco coastline from 2 to 3 p.m. Meet at the Fort Funston Hang Gliding Deck.

Marin Headlands

*Walks of Wonder: Explore the intricacies of a Headlands ecosystem from 10 a.m. to noon, meeting Ranger Diane Dohos-Bubno at the Marin Headlands Visitor Center. Reservations required (331-1540).

*Rock Around the Headlands: Decipher the past and predict the future by reading the geology from 11 a.m. to 1 p.m. by meeting Ranger Bob Cheung at the Marin Headlands Visitor Center. Reservations required (331-1540).

Presidio

*Presidio Architecture and Cultural Landscape: Examine historical building and landscape on the Presidio from 1:30 to 3:30 p.m. by meeting a ranger at the flagpole in front of the Officers' Club at the Main Post.

AUGUST 18

Cliff House Visitor Center

*Seals and Sea Lions Slide Presentation: Learn about these sea mammals from 7 to 8 p.m., meeting at the Cliff House Visitor Center. Reservations required (556-8371).

AUGUST 21

Lands End

*Shipwrecks and Landslides: Join the ranger from 10 a.m. to noon for a two mile hike along the San Francisco Headlands while exploring the natural and cultural history of the area. Meet at the San Francisco Memorial parking lot north of 48th and Point Lobos Aves. Reservations required (556-8371).

Marin Headlands

*Living Landscapes: Explore the changing landscape of the Marin Headlands from 1 to 4 p.m. with trailside interpreter David Barry. Wear layered clothes and sturdy shoes, bringing water and a snack to the Marin Headlands Visitor Center. Reservations required (331-1540).

*Unexplored Fort Cronkhite: Discover the special mystery of the little-known fortifications and underground installations that dot the hills above Fort Cronkhite. Bring a snack, flashlight and sturdy shoes to this strenuouds three mile hike from 1 to 3 p.m. Meet explorer Paul Curry at the Marin Headlands Visitor Center. Reservations required (331-1540).

*Udderly Butter!

(See August 7)

Presidio

*Old Presidio Walk: Learn about Alta California and the wildlife, native Americans, exploration and settlement of the early Presidio from 10 a.m. to noon by meeting Estuardo Sobalvarro in front of the Officers' Club on the Main Post. Reservation required (556-0865).

AUGUST 22

Fort Funston

*A Pen to Guide Me: Join Ranger Rebekah Ramos to discover a few secrets and techniques in nature writing from 10 a.m. to 2 p.m.. Hiking will be moderate to strenuous. Bring writing materials, water, lunch, comfortable shoes and layered clothing. Meet at the Fort Funston Native Plant Nursery. Reservations, limited to 15 participants, required (556-8371).

Marin Headlands

*Beginning Birding (See August 1)

Presidio

*Earthquake Walk: Visit exhibits and original earthquake shacks at the Presidio Army Museum and walk the Main Post to learn how the Presidio was affected by the greak 1906 earthquake. Meet Ranger Theresa Griggs at the Lombard St. gate. Reservation required (556-0865).

AUGUST 28

Fort Point

*Entering the Tidal Zone (See August 1)

Marin Headlands

*Who Dines Here?: The Headlands ridges and valleys provide excellent habitat for predators large and small. Search for clues of predator-prey relationships on this five mile hike from 1 to 4 p.m. Meet Ranger Roxanne Farwell at the Marin Headlands Visitor Center. Reservations required (331-1540).

AUGUST 29

Marin Headlands

*Walks of Wonder (See August 15)

*Art Forms in Nature: A gentle walk will train eyes to see patterns in rocks, leaves and sand. Observations will be drawn on paper with watercolor pencils. Fun for ages 8 and up from 12:30 to 4:30 p.m. Meet artist Vesta Kirby at the Marin Headlands Visitor Center. Reservation required (331-1540).

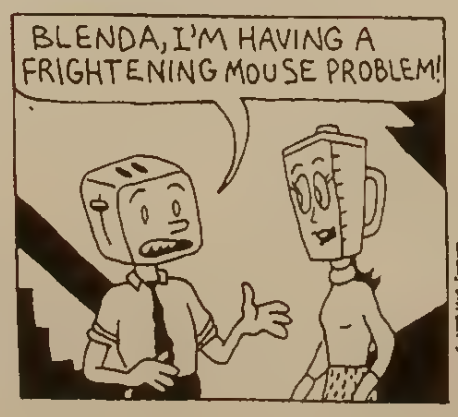
*Lost City of Hill 88: A flashlight illuminates remains of this World War II anti-aircraft village, and the buildings and lives of the people who worked here. Wear study shoes on this four mile hike from 5 to 7 p.m. Bring provisions and a flashlight. Meet Ranger John Martini at the Marin Headlands Visitor Center parking lot. Reservations required (331-1540).

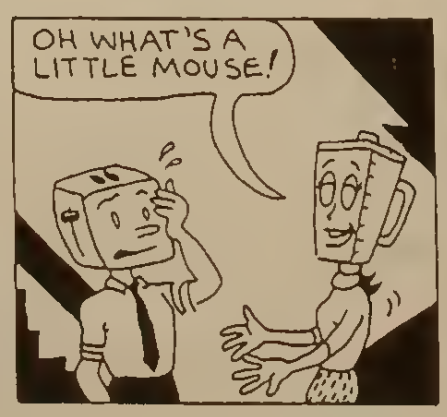
Presidio

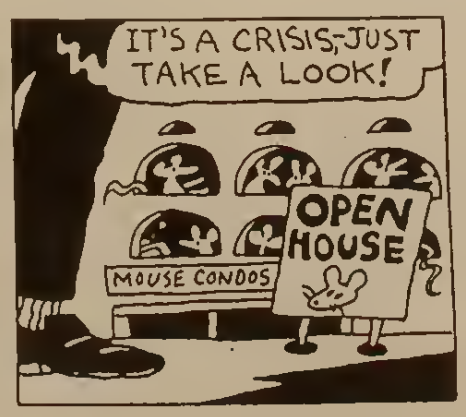
*Presidio Main Post Historical Walk

**Established in 1972, the Golden Gate National Recreation Area is now the country's largest urban park. Its historic sites, natural treasures and scenery are some of the finest in the National Park system. The park's remarkable resources comprise a most popular national park.**

**Toaster Head** By Mark Ziemann



## Teen Nutrition

FROM PAGE A

maturation or body composition, and activity level. Males generally have higher energy requirements than females due to their larger proportion of lean body mass to adipose tissue.

But individual growth spurts also must be considered. For example, a rapidly growing athletic 15-year-old boy may need 4,000 calories a day just to maintain his weight. However, an inactive girl the same age whose growth is nearly completed may need fewer than 2,000 calories to avoid weight gain.

How do the diets of today's teens measure up in terms of health recommendations?

Various studies have been conducted to determine how well adolescents comply with the U.S. Dietary Guidelines. Describing patterns of food intake are important since it is the total diet, not single foods, that determine the nutritional quality of intake.

Patricia West, M.S., and Evelyn Farrior, Ph.D.,R.D., surveyed 521 North Carolina males and females 15 to 16 years old on the number of servings consumed from 35 different food categories within the previous 24 hours.

The results, published in the School Food Service Research Review, showed the teens consumed too few servings of food groups supplying iron, calcium, vitamin A and beta-carotene to ensure adequate intake of these nutrients. Many students did not eat fruits and vegetables.

Other studies measuring quantitative food intake, including the 1977-78 National Health and Nutrition Examination Survey II, estimate adolescents consume about 38 percent of their total calories from fat, 15 percent of their calories from saturated fat and more than 300 mg of choleserol per day. In contrast, most U.S. health authorities recommend anyone over the age of two consume 30 percent of calories from fat, 10 percent of calories from saturated fat and up to 300 mg of cholesterol each day.

According to the National Research Council, major sources of fat in the American diet are from meat and dairy products. Thus achieving such goals for fat and choleserol, while maintaining adequate intakes of iron and calcium can seem challenging.

But drastic dietary changes may not be needed, says Robyn Flipse, R.D., a consulting dietitian in New Jersey. Rather than eliminating dairy products or red meat and other iron-rich animal foods, Flipse recommends eating smaller servings and low-fat or leaner versions of such foods.

Flipse and other nutritionists also are reporting an increase in the number of teens they counsel who have become vegetarians. In addition to iron and calcium, such diets are at risk of being deficient in protein, calcium and zinc. Thus, it's important that both vegetarian teens and their parents seek dietary advice from a registered dietitian.

Overweight is one of the most serious nutriton problems of adolescents, particularly among Native Americans, Hispanics and low-income African Americans.

Although the health risks have been well documented in adults, there has been no clear evidence overwight in youth is detrimental later in life. But a recent study by Aviva Must, Ph.D. of the U.S. Department of Agriculture's Human Nutrition Research Center in Boston shows being overwight as a teenager is associated with serious health problems later in life, regardless of whether the teen becomes overweight as an adult. The study, reported in the New England Journal of Medicine, was based on 508 adults who participated in the Harvard Growth Study some 55 years ago.

Overweight teenage boys were twice as likely as thin adolescents to die by age 70, primarily from heart isease. They also were about five times more likely to develop colon cancer and twice as likely to develop gout than their lean counterparts. Overwight girls were 60 percent more likely to have arthritis and twice as likely to suffer heart disease in their 70s than girls who were not overweight.

Must said the findings underscore the importance of preventing overweight in youth by monitoring diet as well as exercise.

At the other end of the spectrum are the teens who are undernourished due to eating disorders.

Although their current weight is normal, many adolescents feel pressured to be "ideally" thin like models in movies or magazines. Some girls embark on their first diet before even leaving elementary school.

According to the National Center for Health Statistics (NCHS), one in 100 females between the ages of 12 and 18 has anorexia nervosa, an eating disorder than causes people to severely limit their food intake. Those with bulimia indulge in binging and purging by vomiting or using laxatives. Although more common in females, about five to ten percent of all eating disorders occur in males.

Anorexia and bulimia can have serious consequences such as convulsions, renal failure, irregular heartbeats and dental erosion. In adolescent girls, anorexia can delay the onset of menstruation, permanently minimize stature and result in osteoporosis.

New guidelines for adolescent preventitive services issued by the American Medical Association in December, 1992 recommend all adolescents receive annual health guidance on ways to achieve a healthy diet and safe weight management, as well as the benefits of regular exercise.

The guidelines also recommend screening for selected adolescents to determine their risk of developing hyperlipidemia and coronary heart disease.

In sum, physical, social and emotional changes experienced during adolescence can profoundly impact teens' nutritional status and eating patterns. Although such young adults are rarely motivated to learn about nutrition for longevity sake, teaching them how to apply sound dietary principles to reach their goals can help build the foundation to a healthier life.

### Weight Management Tips

Snacking is a well-established eating pattern among adolescents. Although snacks can be a source of needed nutrients and calories, it's important that they don't become a substitute for the regular meals. Selections should be balanced with other food choices over the entire day.

If snacking leads to unwanted pounds, these simple weight management tips can guide the way to change:

- Count out crash diets or quick weight-loss schemes.
- Have patience in losing a half pound to one pound per week.
- Always drink plenty of water or other fluids.
- Never skip meals in efforts to lose weight.
- Get up and go, increase your physical activity.
- Eat a variety of foods.

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**FILES OF R. U. BLAME PRIVATE EYE**

By Frank Waturi

# INQUISITIVE VISIT

**With their search for clues in the possible disappearance of fisherman Joe Bulango taking them north to the rustic town of Lintville, Detective Blame and assistant Gus Goner found themselves sitting at a table inside the Sea Captain House staring at two dirty glasses of homemade alcoholic beverages when a tall, fat tatooed man with a big bushy beard, no hair, missing teeth, an enormous beer belly and an unpleasant facial expression approached their table with several equally intimidating cohorts.**

"Don't look at 'em Gus," advised Blame as both he and the assistant monitored the movements of their potential perpetrators from the corners of their eyes. "And whatever you do, don't let 'em know you're scared."

"Scared? Hah! Who's scared?" replied Gus nervously as he placed his trembling right hand on his lap.

"Say, that sure was some drive down that winding road to get..." started Blame to Gus as the big bald bushy beard man bent down behind them and stuck his large coconut-shaped head in the way of the detective's conversation.

"You two outsiders wouldn't by any change happen to be some kind of cops now, wouldja?" asked the large man in a high-pitched sqeaking voice unusual for a person of his stature. Both Blame and Gus were quick to pick up the repulsively mixed scent of dead fish and whiskey that reeked from the burly individual's dirty clothes as he repeatedly turned his head back and forth between both men in anticipation of an answer.

"Ah, no sir!" finally answered Blame as he shook his head and managed to crack a nervous smile as the man mimicked his nodding and suddenly shook his head vertically while smiling widely to reveal what was left of his dirty yellow teeth looking unbrushed in ages.

"Oh, you're both just visiting here, huh?" replied the man as he turned to his acquaintances and asked, "And what do you boys think? Freewheelers or flatfoots?"

"Looks like a couple of cops to me!" exclaimed a short, fat man with an uneven white beard wearing a black felt hat. His colleagues instinctively mummbled loudly in accordance while nodding their heads in agreement as the man with the questions turned back to face Blame and Gus to resume his interrogation.

"Okay! Okay!" responded the detective to the befuddled look of his adversary. "I'm is Roscoe Blame. I'm a private investigator. This is Gus Goner, my assistant. I was hired to investigate the disappearance of a fisherman named Bulango when somebody tried to chop my head off with a machete. I'm looking for Ben Duffo to..."

"You said Bulango? Joe Bulango?" asked the man to Blame's affirmative hand motions. "That bum owes me big money!" he said loudly while sitting down at the table and motioning the others away from the conversation. "What you boys drinking there, a couple a rust tonics, huh?"

"The bartender insisted we drink these," answered Gus as he casually pushed the glass further from his grasp.

"Bump! A round over here of the good stuff!" he called to the bartender, who quickly dispatched a bottle of premium bourbon and several shot glasses to the table.

"Name's Bud Blight," said the man as he cordially extended his hand to both Blame and Gus in friendship, only to squeeze both like a vice to the point of pain. "Good ta know ya!" he added as both detective and assistant shook their hands feverishly, trying to get the blood circulating again.

"You boys wanna have a little drinking game?" asked Bud with a devilish smile on his face."

Gus fiddled with his hands and mummbled "Oh, well, we were going to be driving to..."

"Nowhere!" finished Bud as he poured three glasses with a determined look on his face and ordered "Bottoms up!" as he downed his shot.

Not to appear ungreatful, both Blame and Gus quickly drank their spirits in a gulp, followed by a quick refill courtesy of their host.

"Again!" ordered Bud as he emptied his little glass and poised the bottle for a third filling before his new friends could begin drinking theirs.

"You're falling behind, you sissies!" taunted the larger man as he drank yet another shot.

"About Duffo," interjected Blame cautiously as he watched Bud pour a fourth shot.

"Ben Duffo's outta town tonight," quickly answered Bud as he motioned both men to hurry their drinking so he could pour them another. "He'll probably be back tomorrow at ol' lady Grungy's boardinghouse. You can stay there tonight." Turning to a tall, thin young man dressed in black standing in a doorway, he yelled "C'mere Crunch!"

As the young man walked towards the table, Bud explained, "Crunch is ol' lady Grungy's stepson and he'll show you the way to the boardinghouse."

As Gus began to stand, Bud horizontally waved his tatooed arm back and forth and squeaked "Naw! Naw! Naw! Later! You guys have got some catching up to do here first!" as he turned to the bartender to scream for another bottle. Blame and Gus looked insecurely at one another before their drinking reluctantly resumed.

Bright rays from the merciless morning sun peered through the dirty boardinghouse bedroom window the next day as an extremely hungover Blame awoke still dressed in his Murphy bed to see a snoring Gus fast asleep in a portable cot. He clumsily staggered to the window and jiggled it open to get a breath of fresh air. Noticing the bedroom was on a ground floor, he extended his head through the opening in an attempt to smell a bush of roses next to a crooked hedge when a large, sharp pair of garden clippers with pointy blades suddenly snapped below his neck.

CONTINUED NEXT ISSUE

# Breaking the Cycle of Yo-Yo Dieting

"Yo-yo" dieting is a common feature of the battle waged by many overweight people. As sure as the weight comes off, it almost always reappears, setting off yet another round of frustrated dieting attempts.

According to C. Wayne Callaway M.D., associate clinical professor of medicine at George Washington University Medical Center in Washington D.C., the damage of repeated weight loss and gain was once thought to be largely psychological. But new evidence shows the yo-yo diet syndrome can increase the risk of physical problems such as heart disease and cancer as well.

At the AMA/IFIC media briefing in New York, Callaway offered tips to put the brakes on weight cycling.

For starters, each weight management plan must be individualized based on factors such as heredity, psychological components and fat distribution.

"We know obesity is not a single condition, but a group of conditions with no single cause and no single cure," said Callaway. For example, no one eating pattern such as reducing dietary fat is effective for all persons.

"Unfortunately, not everyone loses weight when they lower their fat intake...probably due to genetics," Callaway said. "Clearly there are genetic differences in animals in terms of their susceptibility to high-fat or low-fat diets." Callaway predicted future research will enable scientists to identify subpopulations who respond to certain macronutrients as well as other factors contributing to obesity.

For those who think they should lose weight, Callaway recommends asking three questions:

*Do you have any health problems such as high blood pressure or diabetes?

*Where is your weight distributed?

*Is your weight within the accepted range recommended by health authorities?

"Probably the hardest thing to overcome is the obsession with the scale," said Callaway. Those who weigh themselves every day can become discouraged when they've gained a pound or two overnight.

In reality, "The scale only gives an indication of what's happening on the short-term basis due to changes in the lean body mass and body water content," Callaway said. Instead, people should look at long-term behavioral changes, whether eating, in activity or a combination of both.

"Give people a pat on the back for changing behavior rather than a change in the scale," Callaway advised.

## Beekeeper Presents Art At the Exploratorium

Artist/beekeeper Mark Thompson explores San Francisco's Mission District from the perspective of the honeybee in a performance at the McBean Theater on August 25 at 7:30p.m. The performance is free with museum admission.

Follow the foraging movements of honeybees, Thompson has traversed the Mission, collecting stories, visual images, pressed flowers and street objects along the way. He finds his way by following coordinates plotted on a city map and translated from the bee's symbolic dances, which indicate where to forage for food. On the night of August 25, Thompson brings impressions of his travels to the theater.

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## Mayors of San Francisco

### GEORGE SANDERSON

With incumbent Mayor Edward Pond a candidate for governor in 1890 and the City's voters aware of dissent in the local Democratic Party's ranks, the time was right for the election of Republican George H. Sanderson, San Francisco's 22nd chief executive.

An original forty-niner born at Boston, Massachusetts in 1824, Sanderson's lengthy westward journey eventually landed him at San Francisco in 1865 where he continued a lengthy grocery trade with several local firms.

As a two-term president of the Board of Trade, his successful mayoral campaign netted him the most votes of all candidates, with the victorious Sanderson taking office January 5, 1891, serving a two-year term.

Death came suddenly for the retired mayor at the age of 68 when he fell victim to pneumonia on February 1, 1893, less than a month after leaving office.

## They Were San Franciscans

### GENERAL FREDERICK FUNSTON

When a devastating earthquake greeted San Franciscans the morning of April 18, 1906, the rapidly spreading fire and mass hysteria escalated far over the heads of the local police and fire departments.

"We need the Army's help to maintain order," came a desperate plea from Mayor Eugene Schmitz to General Frederick Funston, acting commander of the Army's Pacific Division. "Can we depend on you?"

Without hesitation, Funston contacted the commander of the Presidio and ordered the post's entire artillery units sent to Portsmouth Square, soon joined by units from Fort Mason and Fort McDowell. Soldiers patrolled all the City's neighborhoods, guarding against looting, assisting the Red Cross and dynamiting buildings in the path of the inferno hoping to create an effective fire line.

In the weeks following the tragedy, Funston emerged as a hero whose quick thinking in the face of danger helped minimalize the many casualties and mass destruction.

Born at New Carlisle, Ohio on November 9, 1865, Funston first moved with his family to Kansas where he went to college, eventually becoming a government botanist in 1891. He joined the Army in 1896, served in Cuba, and was later awarded the Congessional Medal of Honor in 1899 for heroics in the Phillipines.

Funston came to San Francisco a general as Commander of the Department of California. He was dispatched to the Mexican border in 1914 to assist in mounting unrest, taking command of American trops there two years later. He was only 51 when he died at San Antonio, Texas on February 2, 1917.

Funston Ave., named for him in 1923, lies between 12th and 14th Aves. near the west side of the City.

## You Can Touch the Stars At Morrison Planitarium

Morrison Planitarium Star Theater is featuring Touch the Stars, a humorous and lighthearted family astronomy show for all ages at 11 a.m. on weekends throughout the year.

Tickets are $1.50 and go on sale 30 minutes before the performance. Call 750-7127 for more information.


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## THIS MONTH In San Francisco HISTORY

Aug. 1: In 1849, John W. Geary became San Francisco's last American alcalde. One year later, the former local postmaster, who had served as a colonel in the Mexican-American War, became the City's first mayor. In 1881, a U. S. Quarantine Station was authorized for Angel Island. In 1961, the new Hall of Justice at 850 Bryant St. was opened.

Aug. 2: In 1873, Andrew S. Hallidie operated the first of his cable cars down the steep Clay St. hill, completing the six block trial run between Jones and Kearny Sts. In 1923, President Warren G. Harding, after becoming ill at Grants Pass, Oregon during a tour of the western United States, died suddenly at the Palace Hotel.

Aug. 3: In 1850, the San Francisco Evening Picayune, the first evening newspaper on the Pacific Coast, commenced publication by Dr. J. H. Gibon and Co. at six cents an issue.

Aug. 6: In 1866, an eight-hour work day was demanded by striking City plasterers.

Aug 8: In 1870, a contract for a preliminary topographical survey was awarded to W. H. Hall in the designing of Golden Gate Park.

Aug. 10: In 1973, the first Bay Area Rapid Transit train traveled through the transbay tube under San Francisco Bay to the new subway station at Montgomery St.

Aug 11: In 1930, a minimum clearance of 220 feet was established by the War Department for mid-span construction of the Golden Gate Bridge. Clearance at the two piers was set at 210 feet.

Aug. 15: In 1901, 30 tons of explosives destroyed the hazardous Arch Rock situated in San Francisco Bay. In 1914, Muni began operating streetcars on its new H-Van Ness route, later to become the 47 Potrero.

Aug. 16: In 1860, 60 acres of Lone Mountain were purchased by Archbishop Joseph Alemany to become part of the Calvary Cemetery, consecrated two years later on August 17.

Aug. 18: In 1856, the Vigilance Committee held a large general review and parade to mark suspension of its operations. More than 3,000 men had served in its forces. In 1903, the maiden flight of Dr. A. Creth's experimental dirigible was made over the City.

Aug. 20: In 1956, the Republican National Convention opened at the Cow Palace, soon nominating incumbent President Dwight D. Eisenhower, and then current Vice President Richard M. Nixon for their eventual victories in the November election.

Aug. 22: In 1869, the City's first railroad freight, a varied assortment of footwear, arrived from Boston, MA in just 16 days. In 1899, the first wireless telegraph transmission to be received in the United States was sent from the San Francisco lightship to a station inside the Cliff House.

Aug. 24: In 1893, ground was broken for the San Francisco Mid-winter Fair in Golden Gate Park.

Aug. 29: In 1914, the Arizona became the first ship to arrive in San Francisco Bay via the newly completed Panama Canal. In 1954, the newly reconstructed San Francisco International Airport was opened.

Aug. 31: In 1851, the clipper ship Flying Cloud, built in East Boston by Donald McKay and piloted by Captain Cressy, set a long-standing sailing record of 89 days from New York to San Francisco, travelling around Cape Horn. On board was a varied cargo of merchandise.

## August Drop-in Classes At Randall Museum

Drop-in open studio classes are being offered by the Randall Museum the last three weeks of August from 2 to 4 p.m. for all ages, under 8 requiring an adult. There is no need to pre-register, but space is limited to individuals only at $3 a person for: August 10: Paper Products; 11: Clay Boxes; 12: Tops and Spinning Things; 17: Print Projects; 18: Potter's Wheel Workshop; 19: Pop Can Gliders; 24: Sculpture Projects; 25: Ceranimals; and 26: Blueprint Shadowgraphs.

Located at 199 Museum Way, the museum can be reached at 554-9600.

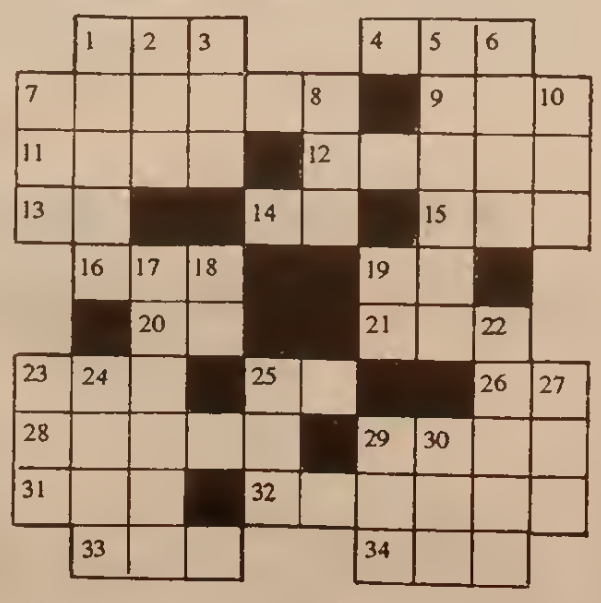
## KQED Now Recruiting Outreach Volunteers

Adult volunteers wishing to participate in the educational and fun learning experience of conducting tours and interacting with adult and children's groups are invited to call the KQED Docent Hot Line at 553-2338 for information.

Docent training sessions are designed to provide a basic understanding of KQED, the technical operations and the functions of the various departments within the organization.

Training will take place on Fridays from 9 a.m. to noon for four consecutive weeks beginning September 10 at the KQED studio, 2601 Mariposa St. in San Francisco.

## Grapevine Crossword



**ACROSS**
1. Celestial body
4. Rogue
7. Relate
9. Trim
11. Entice
12. Smoldering fragment
13. Chlorine(ab)
14. Degree
15. Utilize
16. Perch
19. Frequency
20. Negative
21. Smake
23. Supersonic transport(ab)
25. Michigan(ab)
26. Radium(ab)
28. Warn
29. Compensated
31. Heavy Weight
32. Look quickly
33. British thermal unit (ab)
34. Route(ab)

**DOWN**
1. Former SP team
2. Wire service
3. Negative
5. Records
6. Is doing
7. Red blood cells(ab)
8. Afternoon drink
10. Before(pref)
17. Purpose
18. For
19. Musical tone
22. Coat
23. Did sit
24. Unkempt person
25. Mortgage(ab)
27. Sweet drink
29. Equality
30. Insect

**PREVIOUS PUZZLE**

RUST • BLURT
ENTREAT • EE
NIR • MID • FA
T • A • IT • • IS
• RIOT • ACNE
VENT • CORE •
IC • • TO • E • A
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OD • TOASTER
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## Plenty of Contests At 12th Annual San Francisco Fair

Once again showcasing a selection of "Only in San Francisco" contests, the 12th annual San Francisco Fair will be held on Labor Day weekend. September 4, 5 and 6 at Civic Center Plaza.

This year, the fair introduces the San Francisco People or Places Photography contest, open to amateur photographers young and old. Photos must depict either a favorite San Francisco person or place.

Of course, the Herb Caen Write-Alike contest returns for anyone who dares compare themselves to having the same clever wit and humor of the legendary master of three-dot journalism.

Returning to the streets of San Francisco is the Impossible Parking Space Race with persistent parkers driving in search of that rare commodity, a legal street parking space.

A Fog Calling contest will allow entrants to let their wind out in imitation of a foghorn.

Aspiring actors and actresses will step forth and be heard at the San Francisco Monologue contest as they are given up to three minutes to perform.

Other fair competitions include the San Francisco Premiere Pizza contest, Just Deserts Pie contest, Homebrew Beer contest, the Diaper Derby and a Bay Area Stupid Pet Tricks contest.

Pre-registration is required for most contests and many have limited space availability. Call 703-2729 for a contest book containing catagories, rules and entry forms.

# August 1993

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1 213/152<br>1:00pm VVCC Bingo | 2 214/151 | 3 215/150 | 4 216/149 | 5 217/148<br>11:00am VVCC Senior Council Meeting<br>7:00pm ROSES Potrero Police Community Seminars | 6 218/147<br>7:30pm Visitacion Valley Asian Residents' Assn<br>8:00pm Valley Baptist Youth Groups | 7 219/146<br>O.L.V. Parish Community Organization |
| 8 220/145<br>1:00pm VVCC Bingo | 9 221/144 | 10 222/143<br>4:00pm VVCC Bo<br>4:30pm Sunnydale Tenants A<br>7:00pm El Dorado Neighborh | 11 223/142<br>6:00pm Recreation Park Advisory Committee- open to all<br>VVCC Parents Council | 12 224/141 | 13 225/140<br>8:00pm Valley Baptist Youth Groups | 14 226/139 |
| 15 227/138<br>1:00pm VVCC Bingo | 16 228/137 | 17 229/136 | 18 230/135 | 19 231/134 | 20 232/133<br>8:00pm Valley Baptist Youth Groups | 21 233/132 |
| 22 234/131<br>1:00pm VVCC Bingo | 23 235/130 | 24 236/129 | 25 237/128 | 26 238/127<br>USDA Surplus Food Distribution Day at VVCC | 27 239/126<br>5:00pm Visitacion Valley Improvement Club<br>8:00pm Valley Baptist Youth Groups | 28 240/125 |
| 29 241/124<br>1:00pm VVCC Bingo | 30 242/123<br>Liberation Day - Hong Kong | 31 243/122 | | | | |

July

| S | M | T | W | T | F | S |
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

September

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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

## Grandparents Who Care Support Program Available

Grandparents Who Care, a support program for grandparents and relative care-givers raising their grandchildren or relative children, discusses the need for resources, parenting, legal problems, welfare benefits, foster care and recreation and respite services.

Visitacion Valley's group meets Thursdays at the Family Support Center, 251 Schwerin St. from 10 to 11:30 a.m. Call 822-4457 for more information.

### STATE GOVERNMENT AGENCIES

| | |
|---|---|
| Air Resources Board, general info. | 1-800-242-4450 |
| Attorney General, complaints &inquiries | 1-800-952-5225 |
| Auditor General, government waste or fraud | 1-800-952-5665 |
| Banking Dept., complaints & inquiries | 1-800-622-0620 |
| Conservation Corps, information | 1-800-952-5627 |
| Consumer Affairs, auto repair complaint | 1-800-952-5210 |
| Criminal Justice, victim assistance | 1-800-842-8467 |
| Economic Opportunity, utility bill assistance | 1-800-433-4327 |
| Emergency Services, hazardous substances | 1-800-852-7550 |
| Fish & Game, report animal poachers | 1-800-952-5400 |
| Franchise Tax Board | 1-800-852-5711 or 1-800-852-2753 |
| Health Services, inquires & complaints | 1-800-554-0353 |
| Housing & Community Development | 1-800-952-5275 |
| Insurance, complaints, inquiries & info. | 1-800-927-4357 |
| Parks & Recreation, info & reservations | 1-800-444-7275 |
| Waste Management, info & recycling | 1-800-732-9225 |

### REGULAR MEETINGS OF CITY COMMISSIONS & BOARDS

| | | |
|---|---|---|
| Airports Commission | 1st & 3rd Tuesday | 3:00PM |
| Arts Commission | 1st Monday | 3:00PM |
| Board of Education | 2nd & 4th Tuesday | 7:00PM |
| Board of Supervisors | each Monday | 2:00PM |
| Commission on Aging | 1st Wednesday | 9:30AM |
| Comm - Status of Women | 4th Thursday | 4:00PM |
| Health Commission | 1st & 3rd Tuesday | 3:00PM |
| Housing Authority Comm | 2nd & 4th Thursday | 4:00PM |
| Human Rights Comm | 1st & 3rd Thursday | 4:30PM |
| Library Commission | 1st Tuesday | 4:30PM |
| Planning Commission | each Thursday | 1:30PM |
| Police Commission | each Wednesday | 5:30PM |
| Port Commission | 1st Tues & 3rd Wed | 4:30PM |
| Public Utilities Comm | 2nd & 4th Tuesday | 2:00PM |
| Recreation & Parks | 3rd Thursday | 2:00PM |
| Social Services Comm | 4th Thursday | 9:30AM |

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Church School Classes - 9:15 a.m.
Sunday Worship Service - 10:30 a.m.
Wednesday Bible Study - 11:00 a.m.
Friday Cottage Bible Fellowship - 7:30 p.m.
Saturday Choir Rehearsal - 10:00 a.m.
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## PECULIAR DOINGS

*Barely out of communism and the dreaded iron curtain, Russian television took another step towards democracy by finally giving its viewers their MTV.

*Not to be outdone by Malaysia's national ban of chewing gum which government officials had claimed a detrement to the train doors of its subway system, Indonesian parliment members are trying to get reruns of the popular Mission Impossible series banned from local television because they fear the consequences of viewing the show's contents.

*One of China's hottest media debates now centers on the health of its estimated 300 milion smokers whose purchase of cigarettes netted the government almost $5.3 billion. Several newspapers serving the country's 1.12 billion people are questioning the ethics of foreign tobacco firms sponsoring Chinese events with the rising cost of health care.

*Meanwhile in America, health authorities are now reporting that blacks who quit smoking are more likely than whites or Hispanics to start again, citing African Americans predominate use of higb tar nd nicotine brands while having less access to preventive health services.

*Tourists driving through the Tennessee town of Trenton often give a double take to a long standing highway sign posting the speed limit at 31 miles an hour. Seems the local city council wanted to be a little different and get people to take notice. They do! Some even stop to photograph the sign!

*After shopping in a mall, a Philadelphia man returned to the parking lot to see his customized 1984 Camaro driven in front of him by two thieves. He instinctively jumped on the hood of the car and was driven down a freeway at speeds of up to 90 miles an hour before a traffic jam afforded him the opportunity to jump off, breaking his ankle as the car drove over his foot. Authorities recovered the vehicle several hours later.

*Television Nacional in Chilie recently filmed a day-long operation at a Santiago bospital to seperate 9-month-old Siamese twin boys joined at their livers and hearts.

*Sweden's Froso Zoo is up-and-arms against a nearby air force base whose low-flying jet panicked animals, causing tigers, foxes and lynx to eat 23 of their young. Zoo officials estimated their losses at $130,000.

*For the recent burial of a Mexican drug dealer, family and friends chose a gaudy casket trimmed in gold with a diamond studded crucifix.

*As if having their blimp deflate and crash adjacent to a New York apartment house wasn't bad enough, owners of the Pizza Hut airship advertising the restaurant's new two-square-foot Big Foot which deflated over the Independence Day weekend also had to pay a Manhattan parking lot operator $120 a day to park the wreckage in several parking spaces, a rate the lot owner claimed a bargain at local rates.

*Recently retired from her interviewing job at the Oregon Humane Society, a Portland woman wed her second husband at the organization's headquarters with dogs serving as both the flower girl and ring bearer.

*Some of the residents of Three Forks, Montana are griping about the town's recently appointed marshal who has been busy arresting the local bar hoppers for drunk driving. Among the 19 people so far convicted of the community's 1,200 residents was a local councilman responsible for helping the marshal relocate with his family from Texas, a move he has since second-guessed.

*Arrested and taken to jail for allegedly taking $950,000 in bribes from several construction firms, the mayor of Sendai, Japan thought he best resign his post from his jail cell.

*In order to best facilitate its census takers, government officials in Peru recently ordered the nation's 23 million citizens to stay at home one Sunday so they could each be asked 16 questions.

*Ski-masked gunmen brandishing semiautomatic handguns who broke into a South San Francisco couple's home one weekend left abruptly after being told they had the wrong address.

*While most Americans were enjoying warm summer weather this July, one foot of new snow was reported at Grand Teton National Park near Jackson, Wyoming.

*Property owners in Mountain View who fail to remove graffiti from their property can now face up to a year in jail and $1000 in fines under a new law passed by the city council.

*Refusing to deliver one week's issues of Time and Newsweek to his route's 301 addresses because he felt the magazines' covers would encourage its subscribers to sin, a substitute Moville, Iowa mailperson resigned. Time's cover pictured a bikini-clad prostitute and Newsweek's cover showed two women embracing under the headline "Lesbians Coming Out Strong: What Are the Limits of Tolerance?"

*Stating "I'm sorry for what I did," a 16 year-old youth was sentenced to three years probation and community service for unlawfully masquerading as a motorman and taking a New York subway train from a rail yard. He had used bogus Transit Authority identification to gain access to an A-line train which he successfully negotiated to all the stations where passengers boarded and disembarked without any suspicion until the young man accidently summoned an alarm by speeding around a curve.

*In an attempt to make its downtown streets and sidewalks safer for pedestrians, Hayward has banned roller skaters and skateboarders from a 22-block area of public and private property, while prohibiting moped and bicycle riders from riding on sidewalks or chaining their vehicles to parking meters.

*Regarded by some people as an eyesore just several years ago, the Volkswagen Beetle convertible has joined the ranks of items deemed "collectibles" along with 1950s pickup trucks.

*Unsatisfied with the way his daughter's hamburger was served, a picky Houston man was sentenced to ten years in prison for striking a waitress in the face with a ketchup bottle and breaking her jaw. Having sent the hamburger back to the kitchen three times for various reasons, the customer reportedly became enraged when he was directed to a condiment table after yet another demand.

*A Las Vegas man, upset over his gambling losses, began handing out hundred dollar bills to strangers on the street. When one graceous recipient questioned the man's generosity, he noncbalantly answered "I just robbed a bank." Police later arrested the man for robbing a nearby institution.

## New Coordinators At Salvation Army

Captain and Mrs. David Bowler have asumed responsibilities for coordinating Salvation Army activities in San Francisco.

Captain Bowler's previous assignment in Yuba City saw him initiating funding for an AIDS counseling program and opening a transitional shelter for families

In San Francisco he will act as overall City coordinator for activities of the Gateway transitional housing facility for homeless families, Harbor Light Alcoholism Services, the Senior Turk Street Center and Bridgeway in the Tenderloin, and the Social Services Center for emergency assistance.

In additiion to working with all City programs, Mrs. Bowler will be in charge of the San Francisco Women's Auxilary which raises money for their support. She will also be responsible for coordinating volunteers.

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